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ABSTRACT

Underlying mental processes are common to all people in spite of individual differences in capability, intelligence, attitude, and motivation. When these processes are combined to form a single, observable entity, they can be interpreted as a universal action pattern of the mind. Educators, psychotherapists, and other individuals interested in facilitating learning can better understand and work with this universal action pattern if they plot behavioral manifestations of mental activity on a flow diagram. The diagram should represent all categories of information which compose the experience of the mind during mental or physical action. When people understand the action pattern, they can create experiences and achieve chosen goals within limits such as time, awareness, ability, and, in the case of groups, cooperative agreement. In addition, individuals can use the action pattern as a checklist of ingredients of an intended experience and can point out areas of capability and uncertainty. When the action pattern is set in motion, it can indicate smooth flow signals including understanding, opportunity, self-responsibility, and satisfaction. It can also indicate obstruction signals including uncertainty, anxiety, anger, confusion, and vulnerability. The conclusion is that people will develop more efficient energy movement patterns if they interpret their motivations and actions in light of their universal action patterns.
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THE UNIVERSAL ACTION PATTERN OF THE MIND AND SELF:
A UNIFIER AND SIMPLIFIER FOR ALL FORMS OF LEARNING

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THE UNIVERSAL ACTION PATTERN OF THE MIND AND SELF
A UNIFIER AND SIMPLIFIER FOR ALL FORMS OF LEARNING

The universal action pattern of the mind is a flow diagram of the categories of information which compose the experience of the mind and self anytime a human is involved in any form of action of the mind or body. The action pattern is, therefore, the dynamic central information which applies to all of the seemingly infinite variety of human experiences. Further, the action pattern is a producer system which can be shaped and directed toward any chosen goal. Herein lies its pertinence and significance to the field of education. Allow yourself to comprehend the full meaning of having a conscious awareness of the mind's action pattern as you consider what follows in the next paragraphs.

WHAT THE ACTION PATTERN DOES

First, the action pattern is a variable template out of which people can create experiences and achieve chosen goals if they have sufficient capability. In instances where only one individual is concerned, the only limits are time, awareness, and level of ability. When more than one person is involved, the addition of cooperative agreement is needed.

Second, the action pattern is a dynamic checklist of all the ingredients of the intended experience. Thus, areas where capability is certain and areas where capability is uncertain are exposed. New learning, research, or consultation clear up the areas of uncertainty. Where cooperative agreement is needed, there are sufficient reference points from the checklist to create an adequate network of agreements. In this manner, the action pattern can be a builder of experience and achievement, a diagnostic tool, or a problem solver.

Third, any time the action pattern is set into motion in a planning phase or an actualizing phase, certain guiding signals come into play. These are the signals of smooth flow and the signals of obstruction. At the conceptual level of the action pattern, described by the author, there are a total of eleven (11) categories of information, each of which has its smooth flow signal. These same eleven categories of information can contain up to fifty-four (54) obstruction signals, spread variously over the categories. Obviously, when there is obstruction, there is not smooth flow. The fifty-four obstruction signals are reducible to a lesser number of general obstructions. Each obstruction can be turned to ultimate smooth flow by applying a specific technical process which the author

has worked out and will partly demonstrate at the workshop. This ultimately means any action which is possible or goal which is achievable can be done in a smooth fashion, by individuals or groups, when they have had enough learning with the specific ingredients of the action pattern at that level and content.

Fourth, the action pattern is an efficiency tool which wastes nothing and expands the energy of consciousness when used with facility. Energy is put toward best accomplishing.

Fifth, the action pattern itself causes growth and evolution of human capability because new skill is soon automated and made usable for future endeavors. The very growth nature of the human mind and self, with the growth mechanism incorporated in the action pattern, insures expansion and new learning.

Sixth, the action pattern is not restrictive. Instead, it is inclusive of all experience. The varieties of level and the varieties of content of experience attest to the open-ended, expansionistic nature of the action pattern.

Seventh, any time someone has capability but is not producing a consciously intended and chosen result, that person is instead producing a less conscious but other important result. There is no way to not produce. The usefulness of the action pattern here is that it demonstrates how conscious and unconscious intentions may be misaligned rather than aligned. Failure to achieve the consciously chosen result is evidence of a different, unconscious intention and desired result. Clearing of these and realignment through use of certain technical processes clears the way to consciously intended results.

EXPERIENCE WITH ACTION PATTERN

The action pattern has been taught in self-growth classes, creativity workshops, psychotherapy, and in various administrative circles. It produces with power and grace. Results are fuller than before, in less time.

POSSIBILITIES AND POTENTIALS

What hasn't been done is that the action pattern has not been applied widely in educational circles nor at ages less than late high school. The author believes that action pattern awareness can be taught age appropriately even at early elementary school levels. It is hoped that this presentation will stimulate participants to attempt this in areas of their own teaching expertise. Imagine for a moment a group of first-graders exquis-

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itely tuned in to how to fully create projects or fully solve problems at their level. Then, imagine the aftereffects of this skill in their later years. I suspect the results would be profound.

EVOLUTION OF THE AUTHOR'S SYNTHESIS

The action pattern was a synthesis of my experience as a psychotherapist, a growth seminar teacher, a scrutinizer of the creative process in creative photographers, and an observer of life. The insights and discoveries are original.

During my professional life I have observed mental phenomena during approximately 25,000 psychotherapy hours. In 1975 I began to have internal visual images as I conducted psychotherapy. These were synthesized products of what I heard from patients. Later on I unified these, again by creative imagery, into general patterns. These in turn were tested experientially and subjectively by me and my patients and by students in growth seminars. Problems became opportunities for refinement and change. What is now presented is the product of several years of that creative process. This is an original work.

Literature of my own in the form of seminar workbooks and papers is available through me. A bibliography of these is placed at the end of this paper.

Should you choose to communicate with me after the workshop, I would be pleased to do so with you. You may contact me as indicated below. Thank you for this opportunity.

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GLOSSARY

- ACCESS QUESTION: An organizing and eliciting question about stored memories of experience.
- ACTION PATTERN: A specific, yet universal pattern of all the components a mind goes through when it does anything.
- AWARENESS: Having a perception, consciously, of something.
- BARRIER: A stoppage or obstruction to action--either thought or physical.
- BASIC LOYALTY: A passionate, early belonging attachment with a certainty pattern which undergirds early identity.
- BELONGINGNESS: Being with a situation where your longings once were or being intimate enough with something, by having been with it long enough, to have accepted it as a part of the self.
- CELL OF THE SELF: An open-ended integrated system of smaller systems which compose the energy movement possibilities of the self.
- CERTAINTY: The quality of definiteness, clarity, known, or present and past.
- CIRCUMSCRIBING: Setting total parameters or limits about a situation; in planning, a comprehensive style of goal setting with choice, purpose, and all necessary ingredients to fulfill it.
- COMPOSITE UNCERTAINTY: A summation of several uncertainties from individual situations which then clouds the mind and causes it to move frantically, rather than smoothly.
- CONFUSION: Not knowing what or which to completely focus on; an unprioritized or unseparated conglomerate of thoughts, emotions, and senses in the mind.
- CONSIDERATION ETHIC: A stance or position of a functioning principle of nonabuse to other selves or one's own self except when the common good is threatened.
- CRUCIAL BELONGINGNESS: A developmentally important belongingness to help give a foundation to the sense of self.
- ENERGY: The capacity to do work--energy is neither created nor destroyed, but is transferred or transformed.
- ENERGY MOVEMENT PATTERN: Energy moving in a developed or organized fashion.
- FRIGHTENING UNCERTAINTY: The condition accompanying an unknown or anticipated possibility which is forceful, pressuring, buffeting, or scary; the danger signal of the mind.
- FUTURE QUESTION: An organizing and eliciting question about experiences, using imagination and a sense of projection, into the future.

HISTORICAL CONTINUITY: A time and space certainty about the self from knowing its own history clearly.

HISTORICAL PARADOX: The awareness that it is dangerous to avoid anxiety and treat it similar to external danger, in terms of its frightening uncertainty, when it is a signal about the quality of life. It is safest to interpret and use this as a growth signal rather than assume it is danger.

HOLDING SELF: The overall pattern of positioned self forces. This is the outside limit of the self's forces, and much like bark is to a tree trunk.

IMPACT DOWN: An inability to notice or deliver an impact which causes an effect on the environment. This can also be from an unresponsive environment.

IN-LIFE PURPOSE: All life of consciousness seeks to survive and improve the quality of life, for itself and its present society, and for future unborn generations.

LEARNING: The accumulation of energy movement patterns which can be recognized and reproduced.

MASTERY: Attained accomplishment ability, or the process of attaining accomplishment ability.

MIND'S EYE: The ability to observe and then comprehend or grasp perceptions, because of experiential learning.

OVERLOAD UNCERTAINTY: The confusion and pressure which comes from having too much to do with the available time, space, and movement capability.

POSITIVE UNCERTAINTY: An excited, alluring, anticipation of something not yet complete; a likelihood of success.

SELF-ESTEEM: A generative, productive, and earned energy level of the self.

SIGNAL: Alerting information about something which is perceived or noticed.

UNCERTAINTY: The quality of vague, cloudy, indefinite, unknown, or future.

VULNERABILITY: Powerizing wishing and/or fearing, rather than actual growth toward a goal.

WILL: The self's using of the self's energy for a directional purpose.

USING THE ACTION PATTERN:
SOME CLEARING MECHANISMS (Rules of Thumb)

A Word About the Action Pattern:

One can "come into" the action pattern at any category of information. Sometimes a goal is not known but motivation is felt. Sometimes a goal is known and motivation seems lacking. Sometimes technical skill is present but there is no awareness. Sometimes awareness is present but there is no technical understanding of how to produce a result. And, so on.

Producing a Result: A Usual Growth Situation:

1. Know your future intention, your choice of a goal (the what) and your purpose for the goal (the why). Make a full enough choice to produce a full, best result.
2. Make an ingredients list of movement patterns (steps) which will produce the fullest result with the most certainty and most efficient use of energy. Get others' agreements and awarenesses, as well as their ingredients, if this is a group project.
3. State (each person involved) how to achieve the result (coordinated movement) and how to obstruct (the how and how not) the achievement of the result.
4. State the current certainty, the present attachment to be departed from in order to see if willingness to separate from it exists.
5. Make the attempt. Notice the movement signals (messages) and be guided by them. Keep taking certainty checks along the way.

When a Problem Arises:

1. Check the result goal and the purpose for fulfilling it. Do they align? If not, what other purpose or goal would work better? Is the goal or purpose realistic?
2. Check the technical capability for producing the result and for fulfilling the purpose. If it seems inadequate, add skill (consultation, assistance, etc.). If it seems adequate, see what other movements are perhaps being produced. (See what follows.)

The Problems:

1. Uncertainty Obstructions: The kinds of uncertainty

determine the solution.

- A. Future Uncertainty: The situation is not yet complete; or, vague and partially unknown. Plans and blueprints, along with future visualizing techniques can assist.
- B. True Unknowns: Creating awarenesses is required. Awareness can be created by imagination, visual imagery, brainstorming possibilities and potentials, asking questions, sampling, observing others' experiences, getting into exploring-experimenting motion, or obtaining formal education, consultation, or other new learning. Then, elaborate and discover new application sites for the new awarenesses/
- C. Technical Uncertainty: Will the techniques handle the task? At some point, trial by action must be risked.
- D. Frightening Uncertainty: This is the biggest stopper of all. It is life growth force bursting forth without enough developed capability to handle the new growth task. Literally new growth must occur, in specific enough areas, to provide new certainty and clarity of goals, and technical ability to handle the growth task. Ask what will happen if you do grow, what will happen if you don't grow (reality encouragement).
- E. Separation Anxiety: This complicates leaving the present certainty and going forward into a new uncertainty and toward a new certainty. There is a fear of loss of self identity, through death or dissolution, and a loss of the old certainty, permanently. The fear is that both the self and the current attachment will disappear or dissolve, never to be regained. Hence, being self and other hurtful are operating as beliefs which obstruct progressive moves. Insight, reassurance, and clarification are helpful.
- F. Initiation Anxiety: This is fearing that the new situation or task will enlulf or swallow the self, due to fear of not having the strength required to overcome the growth task. Reassurance, support, encouragement, planning, and finally risking the growth move are required.

- G. Confusion: Stop, clear up what is already "inside" or being held in the system (mind, self, group, etc.).
 - H. Growth Mechanism: Growth takes place when the current or old certainty becomes unfulfilling, boring or risky (painful) or when a new certainty becomes alluring enough to venture the uncertainty space.
2. Anger Obstruction: Anger is a signal that smooth flow to a goal has been interrupted. The goal may be a physical destination, a creative task, a dream of fulfillment, or any current pattern. Anger is a growth signal which requires nondestructive expression through the self and then the creative best solution to handle what interrupted the smooth flow so that a quality result can be obtained. That situation is conquered, growth in problem solving ability occurs, and mastery is served.

Resentment, frustration, disappointment and worry often carry a component of anger and can be interruptive and obstructive if allowed to be so.

3. Misalignments:

- A. Basic loyalties, different from conscious goals, have their own subconscious goals. Each time an energy movement pattern is activated which does not produce a desired result, it is likely a basic loyalty, partly unconscious, which worked in the family of origin but does not work now. The mind keeps firing off the old pattern instead of creating the desired pattern. These are released by the understanding-releaser mechanism as follows:
 - (1) Discern the pattern.
 - (2) Notice what it currently accomplishes and what it doesn't accomplish.
 - (3) Discern its original adaptive, positive harmonic purpose with the survival necessity patterns of childhood.
 - (4) Create better alternatives which will fulfill the original purpose or abandon original purpose as no longer tenable or

realistic.

- (5) Realign energy and purpose, now fully conscious, toward achieving the conscious goal.

- B. Giving Away One's Powers, to Others, Over Oneself-- This is a state of dependency upon another's strength, and, if situationally inappropriate, can slow or obstruct progress.
- C. Over-Responsibility: This is carrying a non-reality belief that one can assume responsibility for another's actions, feelings, thoughts, etc. It is unreal and misaligns energy flow.

4. Diversion-Avoidances:

- A. Avoidance: In growth, that which is avoided and not mastered will eventually squeeze and narrow one's life.
- B. Vulnerability Mechanism is powerizing wishing and fearing instead of deciding on a goal, or not, and risking the necessary actions to affirm the decision. It powerizes an unreality as to accomplishment or growth.
- C. Passive Longings: Desires, unstated, and wished for fulfillment through another, powerizes two unrealities--the vulnerability mechanism and the belief or hope that someone can read the passive longer's mind and do the necessary action for the completion of a goal.

5. Inefficiencies:

- A. Pressure Mechanism: Creating a tight hold on a goal and fearing loss of it or warding off something unwelcome and fearing its influence. These movement patterns use up energy and cause stress.
- B. Over-reaction to Helplessness: Carrying along helplessness, imagined, as a remnant of past (childhood) powerlessness which originally motivated mastery action. Each mastery attempt is contaminated and squeezed by an over-reaction to the feared and familiar retained helplessness. It worsens the struggling in mastery, but could instead really be let go.

- C. Composite Uncertainty: Skittering among many options to a point of mind beclouding. This is the inertia of motion: Stop, get control, plan, schedule, and do when due.
 - D. Overload-Uncertainty: Too much for the available time and capacity. Stop, set priorities, plan, schedule, delegate, delete, change time scales and agreements.
6. Positional Problems: Self-Holds
- A. Coming from the Fear of Losing: This can cause you to hold too tightly and squeeze away your opportunity. It is too narrow a stance.
 - B. Coming from the Fear of Never Having: This can cause you to skitter about, grab or chase everything in sight, and be too indiscriminate and never satisfied.
 - C. Coming from "Nothing Is Right" or "Something Is Always Wrong": This can cause you to always see the negative or problems and never achieve satisfaction, rest, or certainty. It can create hassles with those around you who forever try to help you.
 - D. Coming from Always Being Right: This is a no-growth stance and narrow, rigid, and unco-operative.
 - E. Coming from Anger at Never Having Had and the Fear That It Never Will Be: This can cause you to never be satisfied, to be complaining, sad and angry.
 - F. There are innumerable other untenable readiness positions about life.
 - G. Solution: The best stance for most situations is coming from seeing life as opportunity, unlimited, except for the time available and the specifics which are focused on.
7. Reality Alignment: Things must be possible, not impossible, legal not illegal (generally), worth it, agreed upon, etc. Sufficient capability must exist

for a result to be obtained.

8. Purpose: When you understand why you do what you do, at all levels, you improve your method of growth and the efficiency and clarity of your energy movement patterns.

##

A THEORY OF MOTION AND ENERGY OF CONSCIOUSNESS WITH HYPOTHESES

The action pattern of the mind has led to what I see as a philosophy or theory, and perhaps a beginning science. This I call a theory of motion and energy of consciousness. It is a product of perceiving from the standpoint of human consciousness--in this instance, my own. It appears applicable to human consciousness generally.

It has some operational principles, or should I say hypotheses? The hypotheses include the following list.

1. The perceivable universe is all energy movement patterns through time and space.
2. Human consciousness is part of #1 above--a composite of forces, or energy movement patterns, which can shape itself and other forces, and which can create new forms.....new energy movement patterns. It appears to do this through the action pattern of the mind.
3. All energy and movement is in a space and pattern. In human consciousness terms that means that someone is always in some position. These are ultimately self discoverable patterns and positions.
4. We are exquisitely creating whatever patterns we are doing. This is important, since we often claim we are doing other than we are really doing.
5. We are the source of and can choose, with self-responsibility, our own expressive forces that initiate influence and our own responding forces which help make the composition of an influence. We are part of influence, whether we like it or not. Anytime we believe differently, we are out of alignment with best functioning reality that we are capable of discerning and we will produce eventually painful mind and self signals. These help direct us back to best functioning reality and how to grow capability to return to the best functioning reality.
6. Purpose is an integral automatic part of any movement of consciousness. Purpose can be applied directly, rather than experienced passively, and thus guide actions (movements). Purpose causes the position patterns humans hold themselves in.

7. If result goal, purpose and technique are well aligned, we produce what we desire. If not, the misalignment can be discovered and corrective realignment can occur by applying appropriate techniques.
8. Humans are energy receiving-acquiring, energy transforming, and energy transmitting variable machines.
9. All energy movement patterns are either smooth-flowing or obstructed-inefficient. With respect to a destination, with proper technical application, the obstructions and inefficiencies can be cleared and smooth flow can come into being.
10. When the energy movement patterns of consciousness are into smooth flow, an individual consciousness is participating most fully exquisitely in the energy dance of the perceivable universe.
11. Human consciousness moves, grows and evolves with a certainty-uncertainty, new certainty-new uncertainty pattern. This is the heart of the growth mechanism.
12. Information in the form of emotions, senses, intuition, cognition or movement is coded energy which comes from the perception of other energy patterns.
13. The signals of human consciousness' energy movement patterns are really alerting information (messages) about something we have perceived. As to movement, they are any of the following: smooth flow signals, uncertainty signals, motivating signals, interruption signals, destination signals, diversion-avoidance signals, alignment signals, and defining-placing signals.
14. Human consciousness (collectively and individually) evolves by the application of producer energy movement patterns to itself and through discovering these patterns' effects on the perceivable ecosystem.

PROBABILITY AND STATIC CERTAINTY

Best Functioning Reality, An Example

The certainty is really that best functioning reality is a discernible, perceivable entity, through mind signals at the current level of self-capability. There is probability and risk in creating the reality of results. Trying to make reality a static certainty is to remove it from the trail of best functioning. And, reality is the most potent of forces in human consciousness. If one departs best functioning reality, one pays a price of energy waste and pain. Let's see how this is so.

Take, for example, the concept of trust. If you give trust, you can give it and withdraw it. Many make trust a certainty, a security, even a control. Many give their power away to others and say or complain, "I can't trust you"--thereby placing the locus of trust ability in the other person. Trust is at first only a description of willingness to risk involvement in something, such as a relationship. The reality is that there is a percentage of possibility, changeable over time because of new and different movements, that a relationship is now or will, in the future, work out. When that probability is changed to a fixed, closed certainty, it becomes unreal, untenable, gives away power, and in belief removes movement from the system. But, movement can never be removed from the system in actual reality of human consciousness. Nor can energy of the self really be anyone else's. Therefore, such a fixed certainty is unreal and departs best functioning reality. Hence, pain and excess energy is required in the form of power struggles, energy drains or untenable agreements (controllingness, etc). These, in turn, take one away from smoothest flow, from best functioning reality, in relationship and self function.

Purpose

Purpose is an integral part of motion. It is the 'why' of the movement. Purpose can be set up ahead of time as a goal--as a guide or director of actions. That is creative living when you create from purpose for an intended, purposeful result. Then, procedure becomes the technical process, subordinate to purpose. Many organizations and many selves give up purpose and substitute procedure (rigidity) with its lesser technical purposes. They create an unreal atmosphere of closed or static certainty. At that point they are off of the reality trail and are moving into an untenable or unviable position. Pain and pressure will result and unless new purpose is discerned, will worsen to despair, extremis and perhaps dissolution.

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